

Morrill Memorial Library Health and Nutrition Bibliography

The Mayo Clinic Diet (2010) 613.2 Mayo

From the Mayo Clinic, a leading authority on health and nutrition, this is the last diet you'll ever need. Features a two-week quick-start program, meal planner, recipes, tips for overcoming challenges, starting an exercise plan, and much more.

Quick & Healthy, vol. II: more help for people who say they don't have time to cook healthy meals (2009) 613.2 Ponichtera

Includes ten weeks of easy low-fat dinner menus, each with a grocery list and over 100 menus. Designed for busy people with good intentions but little time to cook. Offers over 200 easy, low-fat recipes and tips to make healthy eating easy. Includes practical nutrition information to improve your health, tips to reduce fat, guidelines for changing recipes, tips for eating out, holiday guidelines and more.

1001 Ways to Get in Shape (2009) 613.7 Marriott

Think yourself in shape -- Healthy at home -- Workout in your life -- Active and outdoors -- Have fun getting fit -- Family health fix.

Joy's Life Diet: four steps to thin forever (2009) 613.2 Bauer

Each week, millions of viewers tune into the *Today Show* for the Joy Fit Club, a celebration of ordinary people from around the country who have lost at least 100 lbs. each through diet and exercise. You'll shed pounds and feel more energized and enthusiastic.

Magnificent Mind at any Age: natural ways to unleash your brain's maximum potential (2009) 612.8 Amen

It all starts with your brain: how you think, how you feel, how you interact with others, and how well you succeed in realizing your goals and dreams. Dr. Amen explains the range of options available, including proper diet, natural supplements and vitamins, exercise, positive thinking habits, and, if needed, medication. He also pinpoints ways to tailor behavior, nutrition, and lifestyle to deal with common mental challenges such as memory problems, anxiety and depression, attention deficit disorder, and insomnia

Eat This, Not That, Supermarket Survival Guide: the no-diet weight loss solution (2009) 613.2 Zinzenko

Based on the most popular column in both "Men's Health" and "Women's Health" magazines, this work is a comprehensive guide for smart food shopping in the supermarket.

What's Age Got to Do with It?: living your healthiest and happiest life (2009) 613.7 McGraw

Author McGraw reclaims what it means to be, act, and feel young, showing women how to live a vibrant life of meaning and satisfaction at any age.

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Live a Little!: breaking the rules won't break Your health (2009) 613 Domar
Establishes a redefinition of health and well-being that focuses on living a relaxed and full life while not suffering undue stress for alleged failures to follow strict health guidelines. Includes advice on nutrition, exercise, and preventive care.

In Defense of Food: an eater's manifesto (2008) 613 Pollan
"Eat food. Not too much. Mostly plants." Plain old eating, Pollan maintains, is being replaced by an obsession with nutrition that is ruining our health, not to mention our meals. Looking at what science does and does not know about diet and health, he proposes a new way to think about what to eat, informed by ecology and tradition rather than by the nutrient-by-nutrient approach.